

TANITA

Monitoring Your Health

BF-625/BF-626

Scale *plus* Body Fat Monitor

Balance impédancemètre

Monitor de Grasa Corporal/Báscula (Pesa)



Instruction Manual

Read this Instruction Manual carefully and keep it for future reference.

Manuel d'instructions

Lisez ce manuel d'instructions attentivement et gardez-le à portée de la main pour référence future.

Manual de Instrucciones

Lea cuidadosamente este Manual de Instrucciones, y guárdelo para consultarlo en el futuro.

Table of Contents

Introduction	1
▲ Safety Precautions	
Important Notes for Users	
Principles of Estimating Body Fat Percentage	2
What is Body Fat Percentage?	
Body Fat Range	
The BIA Method	
Body Fat Percentage Fluctuations in a Day	
Advantages of Tanita Scale plus Body Fat Monitors	
Product Description	3
Measuring Platform	
Accessories	
Preparations Before Use	4
Inserting the Batteries	
Positioning the Monitor	
Attaching the Support Feet	
Handling Tips	
Product Features	5
Automatic Shut-Down	
Switching the Weight Mode	5
Setting and Storing Data in Memory ...	6
Taking Weight and Body Fat Readings ...	7
Getting Accurate Readings	
Understanding Your Readings	8
Additional Programming Features	8
Programming the Guest Mode	
Reprogramming a Personal Key	
Taking Weight Measurement Only	
Replacing the Batteries	8
Troubleshooting	9
Warranty	10

Federal Communications Commission Notice

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio or television technician for help.

Modifications

The FCC requires the user to be notified that any changes or modifications made to this device that are not expressly approved by Tanita Corporation may void the user's authority to operate the equipment.

Table des matières

Introduction	12
▲ Consignes de sécurité	
Remarques importantes à l'intention des utilisateurs	
Principes d'évaluation du pourcentage de graisse corporelle	13-14
Qu'est-ce que le pourcentage de graisse corporelle?	
Échelle de graisse corporelle	
La technique BIA	
Fluctuation du pourcentage de graisse corporelle au cours d'une journée	
Avantages des balances impédancemètres Tanita	
Description du produit	15
Plate-forme	
Accessoires	
Préparation avant l'utilisation	16
Insertion des piles	
Positionnement de l'appareil	
Fixation des supports	
Conseils pour la manipulation	
Caractéristiques du produit	17
Fonction de fermeture automatique	
Modification du mode de poids	17
Entrée et mémorisation des données dans la mémoire	18
Prise de lectures de poids et de graisse corporelle	19
Obtention de lectures précises	
Comment interpréter les lectures	20
Caractéristiques de programmation additionnelles	20
Programmation du mode Invité	
Reprogrammation d'un bouton personnel	
Remplacement des piles	20
Dépannage	21
Garantie	22

Avis de la Commission fédérale des communications des États-Unis (FCC)

Cet appareil a été vérifié et jugé conforme aux limites fixées pour un appareil numérique de classe B, selon la partie 15 des Règles de la FCC. Ces limites visent à assurer une protection raisonnable contre les interférences nuisibles dans les résidences. Cet appareil produit, utilise et peut émettre des fréquences radio et, à défaut d'être installé et utilisé conformément aux instructions, il risque de nuire aux communications radio. Il n'est toutefois pas garanti qu'il n'y aura aucune interférence dans une installation quelconque. Si cet appareil nuit à la réception de la radio ou de la télévision, ce que l'on peut déterminer en fermant et en ouvrant l'appareil, l'utilisateur est invité à tenter de corriger la situation en prenant une ou plusieurs des mesures suivantes :

- Réorienter ou déplacer l'antenne réceptrice.
- Augmenter la distance entre l'appareil et le récepteur.
- Brancher l'appareil dans une prise reliée à un circuit différent de celui auquel le récepteur est branché.
- Consulter le concessionnaire ou un technicien spécialisé en radio et télévision.

Modifications

La FCC exige que l'utilisateur soit avisé du fait que toute modification apportée à l'appareil sans l'approbation de la Tanita Corporation risque d'entraîner l'annulation de l'autorisation donnée à l'utilisateur de faire fonctionner l'appareil.

Contenido

Introducción	23
▲ Precauciones de Seguridad	
Notas Importantes para los Usuarios	
Principios para Estimar el Porcentaje de Grasa Corporal	24
¿Qué es el Porcentaje de Grasa Corporal?	
Gamas de Grasa Corporal	
El Método del BIA	
Fluctuaciones del Porcentaje de Grasa Corporal en un Día	
Ventajas de los Monitores de Grasa Corporal/Básculas (Pesas) de Tanita	
Descripción del Producto	25
Plataforma de Medición	
Accesorios	
Preparaciones Antes del Uso	26
Colocación de las Baterías	
Ubicación del Monitor	
Cómo Poner las Patitas de Apoyo	
Sugerencias para la Manipulación	
Funciones del Producto	25
Apagado Automático	
Cómo Cambiar la Unidad de Peso ...	27
Introducción y Almacenamiento de Datos en la Memoria	28
Cómo Tomar las Medidas de Peso y de Grasa Corporal	29
Cómo Obtener Valores con Precisión	
Cómo Entender Sus Lecturas	30
Funciones para Programación Adicional 30	
Programación del Modo para Huésped	
Reprogramación de una Tecla Personal	
Cómo Reemplazar las Baterías	30
Identificación y Resolución de Problemas	31
Garantía	32

Aviso de la Comisión Federal de Comunicaciones (FCC) de EE. UU.

Se han hecho pruebas de este equipo, y se ha encontrado que cumple con los límites para un dispositivo digital de Clase B, de acuerdo con la Parte 15 de las reglas de la FCC. Estos límites están diseñados para proporcionar una protección razonable contra interferencia dañina, en una instalación residencial. Este equipo genera, usa y puede emitir energía de radiofrecuencia y, si no está instalado y se usa de acuerdo con las instrucciones, puede causar interferencia dañina a las comunicaciones de radio. Sin embargo, no hay garantía de que no ocurrirá interferencia en una instalación en particular. Si este equipo causa interferencia dañina a la recepción de radio o de televisión, que se puede determinar al apagar y encender el equipo, entonces se sugiere al usuario que trate de corregir la interferencia mediante una o más de las medidas siguientes:

- Reoriente o reubique la antena de recepción.
- Aumente la separación entre el equipo y el receptor.
- Conecte el equipo a un tomacorriente en un circuito distinto a aquel al cual está conectado el receptor.
- Consulte con el vendedor o con un técnico con experiencia en radio o televisión, para que le proporcione ayuda.

Modificaciones

La FCC requiere que se notifique al usuario que cualquier cambio o modificación que se efectúe a este dispositivo, que no sea aprobado expresamente por Tanita Corporation, podría anular la autoridad del usuario para operar este equipo.

INTRODUCTION

Thank you for selecting a Tanita Scale plus Body Fat Monitor. This Duo model uses the BIA (Bioelectrical Impedance Analysis) technique, a state-of-the-art technology for body fat assessment.

Guide to Using This Manual

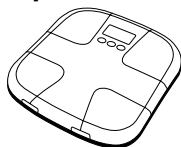
Owners of the BF-626 should watch for highlighted text. These items of text describe the additional features of your scale. Owners of the BF-625 should disregard the highlighted text.

▲ Safety Precautions

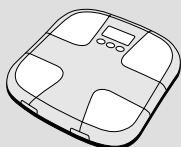
- **Persons with implanted medical equipment, such as a pacemaker, should not use the Body Fat Monitor feature on this Tanita Scale plus Body Fat Monitor. This Scale plus Body Fat Monitor passes a low-level electrical signal through the body, which may interfere with the operation of a pacemaker.**
- The Tanita Scale plus Body Fat Monitors are intended for home use only. This unit is not intended for professional use in hospitals or other medical facilities; it is not equipped with the quality standards required for heavy usage experienced under professional conditions.
- Do not use this unit on slippery surfaces such as wet floors.
- Disabled people should be assisted by someone else, or use a handrail when using Tanita Scale plus Body Fat Monitors.

Note: Body fat percentage estimates will vary with the amount of moisture in the body, and can be affected by dehydration or overhydration due to such factors as alcohol consumption, menstruation, illness, intense exercise, etc.

Important Notes for Users



BF-625: is intended for use by adults and children with inactive to moderately active lifestyles. It is not suitable for athletic body types.



BF-626: is intended for adults and children with inactive to moderately active lifestyles and adults with athletic body types.

Tanita defines “athlete” as a person involved in intense physical activity of approximately 10 hours per week and who has a resting heart rate of approximately 60 beats per minute or less. Tanita’s athlete definition includes “lifetime of fitness” individuals who have been fit for years but currently exercise less than 10 hours per week.

Tanita’s athlete definition does not include “enthusiastic beginners” who are making a real commitment to exercising at least 10 hours per week but whose bodies have not yet changed to require the Athlete mode.

Body fat percentage estimates may be slightly lower or higher for the following categories of people:

- Adults seventy years old or older
- Persons suffering from edema

Body fat percentage estimates for these persons should not be treated as absolute values, but may be used as relative values for checking body fat percent variations over a period of time.

The body fat monitor function is not intended for pregnant women, professional athletes or bodybuilders.

Note: Recommendations for exercise programs or diets based on calculated data should be determined by a doctor or licensed medical professional. Do not attempt to evaluate the data by yourself.

Recorded data may be lost if the unit is used incorrectly or is exposed to electrical power surges. Tanita takes no responsibility for any kind of loss caused by the loss of recorded data.

Tanita takes no responsibility for any kind of damage or loss caused by these units, or any kind of claim made by a third person.

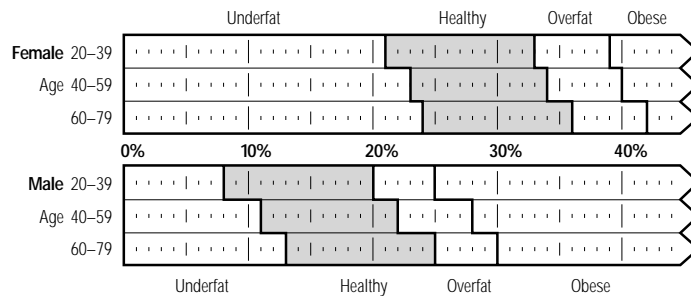
PRINCIPLES OF ESTIMATING BODY FAT %

Tanita Scale plus Body Fat Monitors allow you to measure your body fat percentage at home as easily as you measure your weight.

What is Body Fat Percentage?

Body fat percentage is the percentage of fat in your body. Until now, your absolute weight has determined whether or not you were considered overweight or obese. In recent years, the definition of obesity has been refined to mean the presence of excess body fat. Obesity has been linked to conditions such as high blood pressure, heart disease, diabetes, cancer, and other disabling conditions.

Body Fat Ranges for Standard Adults^{1,2}



¹ Based on NIH/WHO BMI Guidelines.

² As reported by Gallagher, et al, at NY Obesity Research Center.

To determine the percentage of body fat that is appropriate for your body, consult your physician.



Tanita's patented "foot-pad" design sends a safe, low-level electrical signal through the body to determine its composition.

The BIA Method

Tanita Scale plus Body Fat Monitors use the BIA (Bioelectrical Impedance Analysis) technique. In this method, a safe low-level electrical signal is passed through the body. It is difficult for the signal to flow through fat in the human body, but easy to flow through moisture in the muscle and other body tissues. The difficulty with which a signal flows through a substance is called impedance. So the amount of fat in the body can be accurately estimated by measuring the impedance. The signal used is very low, making it safe and imperceptible.

The illustration on the left shows how the signal travels through the body.

Body Fat Percentage Fluctuations in a Day

Hydration levels in the body may affect body fat readings. Readings are usually highest in the early waking hours, since the body tends to be dehydrated after a long night's sleep. For the most accurate reading, a person should take a body fat percentage reading at a consistent time of day under consistent conditions.

Besides this basic cycle of fluctuations in the daily body fat readings, variations may be caused by hydration changes in the body due to eating, drinking, menstruation, illness, exercising, and bathing. Daily body fat readings are unique to each person, and depend upon one's lifestyle, job and activities.

Advantages of Tanita Scale plus Body Fat Monitors

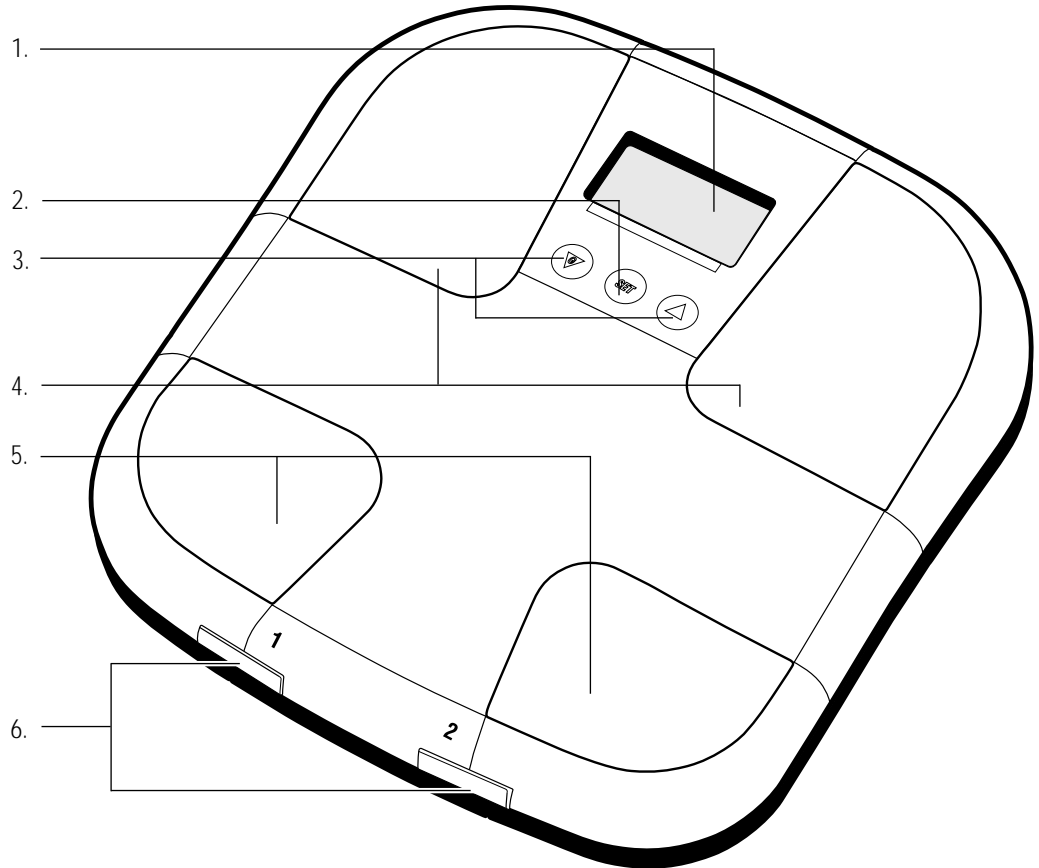
Previously, body fat percentage was determined by measuring the thickness of subcutaneous fat by pinching it with calipers, or by laying a person on a scanning bed and passing a current from hand to foot. However, these methods had problems—professional skills are required, the procedures take time and are often invasive, and measurement values vary. Currently, the gold standard methods of fat percentage measurement are the *underwater weighing method* and *DEXA (dual energy x-ray absorptiometry)*.

Tanita's BIA method uses equations derived from large, multi-ethnic population studies to predict body composition. Readings taken with Tanita Scale plus Body Fat Monitors correlate highly with both DEXA (Tanita's reference model) and Hydrodensitometry.

PRODUCT DESCRIPTION

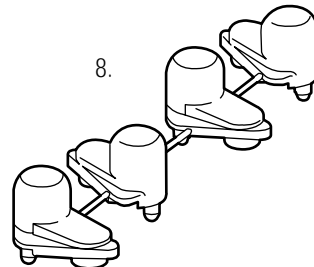
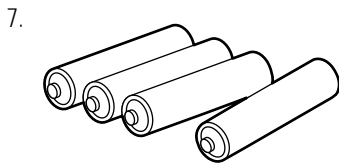
Measuring Platform

1. Display Screen
2. Set Button
3. UP/Down (Select) Buttons
4. Ball-of-Foot Electrodes
5. Heel Electrodes
6. Personal Keys

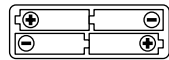
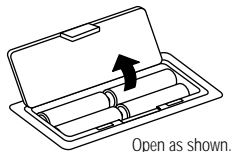


Accessories

7. AA-Size Batteries (4)
8. Support Feet (4)
Only needed if unit is placed on carpet. Do not use these feet on hard flooring.



PREPARATIONS BEFORE USE



Direction of the batteries.

⚠ Inserting the Batteries

Open the battery cover on the back of the measuring platform. Insert the supplied AA-batteries as indicated.

Note: Be sure that the polarity of the batteries is set properly. If the batteries are incorrectly positioned the fluid may leak and damage floors. If you do not intend to use this unit for a long period of time, it is advisable to remove the batteries before storage.

⚠ Positioning the Monitor

Place the measuring platform on a hard, flat surface where there is minimal vibration to ensure safe and accurate measurement.

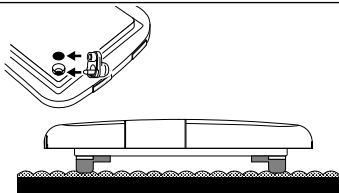
Note: To avoid possible injury, do not step on the edge of the platform.



⚠ Attaching the Support Feet (Carpet Use Only)

Insert the support feet into the holes at the four corners on the bottom of the measuring platform.

Note: Do not use the monitor on any carpeting that is more than 0.8" (20 mm) in thickness, and do not use the support feet on hard, uncarpeted surfaces, as the unit may tip over.



Handling Tips

This monitor is a precision instrument utilizing state-of-the-art technology. To keep the unit in the best condition, follow these instructions carefully:

- Do not attempt to disassemble the measuring platform.
- Store the unit horizontally, and place it so that the Personal keys will not be pressed accidentally.
- Avoid excessive impact or vibration to the unit.
- Place the unit in an area free from direct sunlight, heating equipment, high humidity, or extreme temperature change.
- Never submerge in water. Use alcohol to clean the electrodes and glass cleaner (applied to a cloth first) to keep them shiny; avoid soaps.

If you need assistance, please call our toll-free customer service number at 1-800-TANITA-8 (USA and Canada only) or visit www.tanita.com.

PRODUCT FEATURES

- Tanita Scale plus Body Fat Monitors allow you to measure both weight and body fat percentage simultaneously and easily, simply by stepping on the unit.
- Your Scale plus Body Fat Monitor is calibrated for Adults or Children (ages 7–17), Male or Female.
- In addition, the BF-626 is calibrated for Adult Athlete mode.
- Personal data (Age, Female/Male, Height, etc.) can be preset and stored in memory for up to two people.
- Unique Healthy Range Indicator Bar automatically displays where your body fat percentage falls within the Body Fat Ranges chart (p.2).
- Guest feature allows you to take readings without reprogramming one of the Personal keys
- The unit emits a helpful “beep” when activated, and also at various stages in the programming and measuring processes. Listen for these sounds which will prompt you to step on the unit, look at your readings, or confirm a setting.

Automatic Shut-Down Function

The automatic shut-down function shuts off the power automatically in the following cases:

- If you interrupt the measurement process. The power will shut down automatically within 10 to 20 seconds, depending upon the type of operation.
- If an extraordinary weight is applied to the platform.
- If you make a mistake during measurement or a key or button operation.
- During programming, if you do not touch any of the keys or buttons within 60 seconds.
- After you have completed the measuring process.

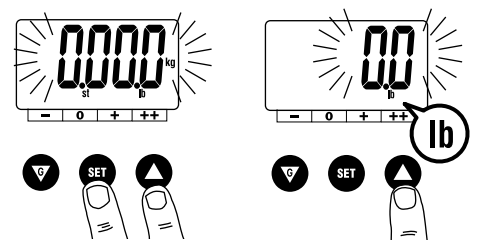
Note: If the power shuts off automatically, repeat the steps from “Setting and Storing Data in Memory” (p.6).

SWITCHING THE WEIGHT MODE (lb→kg→st-lb)

Your Scale plus Body Fat Monitor can measure weight in three different modes: lb (pounds), kg (kilograms), or st-lb (British stone-pounds). The default setting (the setting at which Tanita products are shipped) is lb. If you would like to change that setting, or if at any point another setting has been inadvertently entered, follow these steps:

Press the Set and Up buttons simultaneously. Release the buttons, the display will flash. Press the Up button to cycle through each weight mode until just the mode that you require is displayed. Then press the Set Button. The unit will beep twice in short succession, and the display screen will flash to confirm your selection and store it in memory.

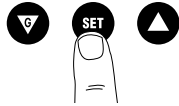
Note: If weight mode is set to pounds or stone-pounds, the height programming mode will be automatically set to feet and inches. Similarly, if kilograms is selected, height will be automatically set to centimeters.



SETTING AND STORING DATA IN MEMORY

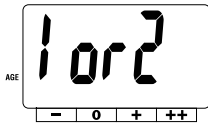
The body fat monitoring function can be operated only if data has been preprogrammed into the unit.

1. Turn on the Power



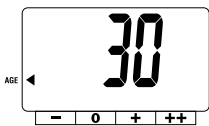
Press the Set button to turn on the unit (once programmed, tapping a Personal Key turns on the unit). The unit will beep to confirm activation, the Personal Key numbers (1 or 2) will be displayed, and the display will flash.

Note: If you don't operate the unit for sixty seconds after the unit has been turned on, the unit will turn off automatically.



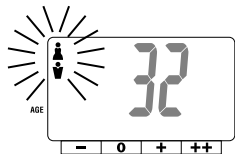
2. Select a Personal Key

Press the Up/Down buttons to select a Personal Key. Once you reach the Personal Key number you wish to use, press the Set button. The unit will beep once to confirm.



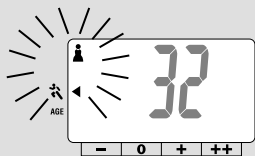
3. Set Age

The display defaults to Age 30 (range of user age is between 7–99). An arrow icon appears on the lower left side to indicate Age setting. Use the Up/Down buttons to scroll through numbers. When you reach your age, press the Set button. The unit will beep once to confirm.



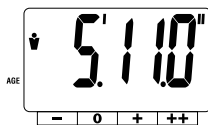
4. Select Female or Male

Use the Up/Down buttons to select Female (♀) or Male (♂), arrows will point to the icons indicating the gender. Then press the Set button. The unit will beep once to confirm.



BF-626 Select Athlete Mode

Use the Up/Down buttons to scroll through Female (♀) or Male (♂), Female Athlete or Male Athlete. As you scroll, the Female icon appears first, the Male icon second, then the female icon appears with an arrow that points to the athlete icon (⚡) indicating Female Athlete followed by Male Athlete. When you reach the user mode that best suits you, press the Set button. (See p.1 for Tanita's definition of "athlete.")



5. Specify the Height

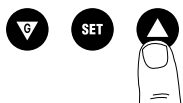
The display defaults to 5' 7.0" (170 cm) (range of user is from 3' 4.0"–7' 3.0" or 100 cm–220 cm). Use the Up/Down buttons to specify Height and then press the Set button. The unit will beep once to confirm.

Note: Height is set in feet and inches if weight mode is set to lb or st-lb, or in centimeters if weight is set to kg.

Note: Height is set in increments of 0.5" (or 1 cm).

The unit will beep twice and the display will flash all data (Age, Female/Male, Height, etc.) three times to confirm the programming. The power will then shut down automatically.

Note: If you make a mistake or want to turn the unit off before you have finished programming it, press Personal Key 2 to force quit.



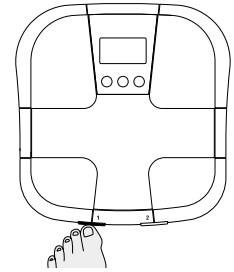
TAKING WEIGHT AND BODY FAT READINGS

After programming your personal data you are ready to take a reading.

Select Personal Key and Step On

Using your toe, tap your preprogrammed Personal key (1 or 2). (Release the key within 3 seconds or the display will show "Error".) The unit will beep and the display will show the programmed data. The unit will beep again and the display will show "0.0". Now step onto the platform.

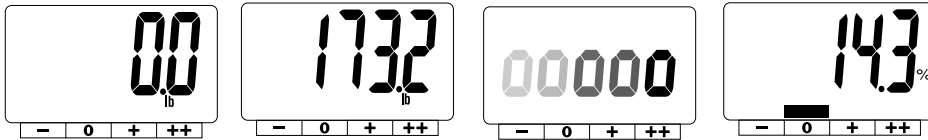
Note: If you step onto the platform before "0.0" appears, you will not obtain a reading. Furthermore, if you do not step onto the measuring platform within about 60 seconds after "0.0" appears, the power is shut off automatically.



Get Your Readings

Your weight will be shown first. Continue to stand erect on the platform. "00000" will appear on the display and disappear one by one from left to right. Your body fat percentage and Body Fat Range will appear on the display screen. The display will then flash your weight and body fat percentage alternately three times.

Note: Even if you step off the platform after all the results are displayed, the alternating display of body weight and body fat percentage will be repeated three times. The unit will then shut down automatically.



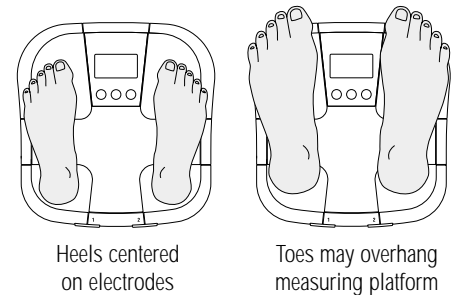
Getting Accurate Readings

To get the most accurate, absolute values, readings should be taken without clothing and under consistent conditions of hydration. If you do not undress, always remove your socks or stockings, and be sure the soles of your feet are clean before stepping on the measuring platform. Stand erect on the platform.

Be sure that your heels are correctly aligned with the electrodes on the measuring platform. Don't worry if your feet appear too large for the unit—accurate readings can still be obtained if your toes overhang the platform.

It is best to take readings at the same time of day. Try to wait about three hours after rising, eating, or hard exercise before taking measurements. While readings taken under other conditions may not have the same absolute values, they are accurate for determining the percentage of change as long as the readings are taken in a consistent manner. To monitor progress, compare weight and body fat percentage taken under the same conditions over a period of time.

Note: An accurate reading will not be possible if the soles of your feet are not clean, or if your knees are bent or you are in a sitting position.



Heels centered on electrodes

Toes may overhang measuring platform

UNDERSTANDING YOUR READINGS



Note: If you select Athlete mode on the BF-626, the unit will not display the Healthy Range Indicator Bar. The Healthy Body Fat Ranges are based on Standard (sedentary to moderately active) Adults and therefore do not apply to athletic adults.

Note: Athletes may have a lower body fat range based on their particular sport or activity.

Healthy Range Indicator Bar (Standard Adults Only)

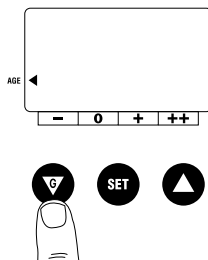
Your Scale plus Body Fat Monitor automatically compares your body fat reading to the Healthy Body Fat Range chart.

Following your body fat percentage reading, a black bar will flash along the bottom of the display, identifying where you fall within the Body Fat Ranges for your age and gender. For example, if the bar appears above the "0" area, your reading is within the Healthy Range—if it appears over the "-" area, your reading is below the Healthy Range. For more about the Healthy Range, see p.2.

- Underfat; below the healthy body fat range. Increased risk for health problems.
- 0 Healthy; within the healthy body fat percentage range for your age/gender.
- + Overfat; above the healthy range. Increased risk for obesity-related health problems.
- ++ Obese; high above the healthy body fat range. Greatly increased risk of obesity-related health problems.

BF-625: Only Adults 18 and over will receive a Healthy Range Indication. Because of the dynamic physiological changes occurring throughout childhood, a Healthy Range for children has not been established. Please consult your pediatrician for health advice regarding your child.

ADDITIONAL PROGRAMMING FEATURES



Programming the Guest Mode

The Guest mode allows you to use the unit without losing the information already assigned to a Personal Key.

To program the Guest mode, use the G (Down) button to turn on the power. Then follow steps 3 through 5 in "Setting and Storing Data in Memory" (p.6). The unit will beep twice and the display will show "0.0". Step onto the platform. Next follow the directions for "Get Your Readings" (p.7).

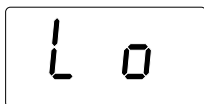
Note: If you step onto the platform before "0.0" appears the display will show "Error" and you will not obtain a reading.

Reprogramming a Personal Key

From time to time, you may need to adjust the data stored in a Personal Key, for example, your age or height (or for the BF-626, to change between Athlete and Standard Adult Modes).

To add a new user and erase the data of a previous user, or to change already stored data repeat Steps 1 through 5 of "Setting and Storing Data in Memory" (p.6). The display will then flash all the new data to confirm programming and the unit will shut-off automatically.

REPLACING THE BATTERIES

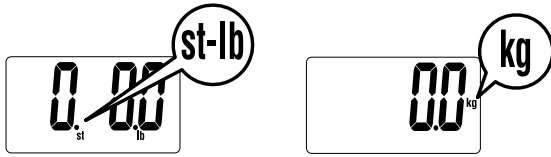


When the batteries run low, the "Lo" message will appear on the display window. When this message appears, be sure to replace the batteries immediately, since weak batteries will affect the accuracy of your measurements. Change all the batteries at the same time with new AA-size batteries. The unit comes with trial batteries—their service life may be short.

Note: Your settings will not be erased from the memory when you remove the batteries.

TROUBLESHOOTING

If the following problems occur... then...



“st-lb” or “kg” appears while taking a weight measurement.

The unit's "Weight Mode" has been set to measure your weight in units of stone-pounds or kilograms. Refer to the "Switching the Weight Mode" (lb, kg, or st-lb) on p.5 if you would like to change the setting back to pounds (lb).

“Lo” appears on the display, or all data appears and immediately disappears.

Batteries are low. Replace batteries immediately (p.8).

The display shows **“- - - - -”** and goes off when a Personal Key is pressed.

No data (Age, Female/Male, Height, —and BF-626 Athlete/Standard Adult) has been stored in memory for that key. Preprogram with personal data (p.6).

The display reads **“Error”** or **“- - - - -”** or the power shuts off while measuring.

Be sure that you have selected the correct user mode (Age, Female/Male, Height, and BF-626 Athlete/Standard Adult). Make sure socks or stockings are removed, and the soles of your feet are clean and properly aligned with the guides on the measuring platform. Consider whether or not you have selected the correct Personal Key and make sure that you wait for "0.0" to appear before stepping on the platform. Step off and repeat steps on p.7.

“OL” appears while measuring.

Reading cannot be obtained if the weight capacity (300 lb/136 kg/21 st-6 lb) is exceeded.

Note: If body fat percentage is more than 75%, readings cannot be obtained from the unit.

The body fat percentage measurement does not appear after the weight is measured.

Vibration will interfere with measurement of the fat percentage. Be sure to stand erect and still on the measuring platform. Do not bend your knees. Be sure that shoes and socks are removed and check foot alignment. Step off and repeat steps on p.7.

Scale underweighs.

If weight reading is significantly less than normal, carpet support feet may have been incorrectly installed. Remove support feet and weigh on a hard, level surface. Refer to p.4 for proper installation of support feet.

If you need assistance, please call our toll-free customer service number at 1-800-TANITA-8 (USA and Canada only) or visit www.tanita.com.

TANITA PRODUCTS LIMITED WARRANTY

Not Valid Without Proof of Purchase

Your Tanita product is warranted to the original consumer only, for three (3) years, to be free from defects in materials and workmanship under normal use. This product is designed **for personal use only**. Tanita Corporation of America reserves the right to nullify the warranty agreement should the product be used in a commercial environment. This warranty applies only to products purchased from authorized Tanita dealers and is void if the product has been tampered with or mistreated, or if the defect is related to servicing or parts not supplied by us. Our obligation under this warranty is limited solely to the charge of repairing the product, plus the cost of parts or, at the option of Tanita, replacing the product with an equivalent model. There are no express or implied warranties except as listed above. **Tanita is not liable for incidental or consequential damages for failure or malfunction of the product and any recovery may not be greater than the purchase price paid for this product.** Some states do not allow limitation on how long an implied warranty lasts, or the exclusion or limitation of incidental or consequential damages, so the above limitations may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state. **No person is authorized to change the terms of this warranty.**

If Product Is Defective or Needs Repair

Do not return this product to the place of purchase; doing so may delay the processing of your warranty claim.

Call Tanita at 1-800-TANITA-8 to receive a Return Authorization Number before returning this product. Include \$12.50 for handling, return postage and insurance to the facility listed below. **Proof of purchase must accompany the product.** Because of possible loss, we recommend insuring your product, return receipt requested, when using the mail. If you do not receive a receipt within a reasonable time, start a tracer through the originating post office. It is important that you pack the product carefully prior to shipment to prevent damage in transit and that you include a letter describing in detail the specific condition requiring adjustment or repair.

Tanita Products Limited After Warranty

All terms and conditions apply as specified above in the original Tanita Limited Warranty **except** for the cost of labor and parts:

- Minimum charge for After Warranty labor is \$30 per hour, plus the cost of parts.
- You will be notified by mail or telephone of the total cost to repair your product to working condition, so prepayment can be arranged.
- Your approval is required before any repair work can be performed on your product.

*Please complete the following information and **retain for your records**.*

Model: _____ **Date Purchased:** / /

Purchased From: _____

Address: _____



Please send all returns to:
Tanita Corporation
 2625 S. Clearbrook Drive
 Arlington Heights, IL 60005
 USA

TANITA

Monitoring Your Health

Specifications

BF-625/626

Weight Capacity

300 lb (136 kg) (21 st-6 lb)

Weight Increments

0.2 lb (0.1 kg) (0.2 lb)

Body Fat Increments

0.1%

Power Supply

4 AA batteries (included)

Power Consumption

60 mA maximum

Measuring Current

50 kHz 500 µA

UPC No

BF-625-LG (Light Gray) 742496-862501

BF-626-DG (Dark Gray) 742496-862600

After sales service

Please contact the store where you bought this monitor for any inquiry regarding operation or trouble, request for repair and/or placement of an order for parts or products. Or call 1-800-TANITA-8 (USA and Canada only).

Caractéristiques

BF-625/626

Charges admises

300 lb (136 kg) (21 st-6 lb)

Gradation

0,2 lb (0,1 kg) (0,2 lb)

Précision du pourcentage de graisse

0,1 %

Alimentation

4 piles AA CC 6V (de type UM3), incluses

Consommation d'énergie

60 mA au maximum

Courant émis

50 kHz 500 µA

UPC No

BF-625-LG (Light Gray) 742496-862501

BF-626-DG (Dark Gray) 742496-862600

Service après-vente

Veuillez communiquer avec le magasin où vous avez acheté votre balance si vous souhaitez obtenir des renseignements sur son fonctionnement ou sur la façon de résoudre certains ennuis, ou encore pour obtenir des réparations ou commander des pièces ou des produits. Ou composez le 1-800-TANITA-8 (États-Unis et Canada seulement).

Detalles Técnicos

BF-625/626

Capacidad de Peso

300 lb (136 kg) (21 st-6 lb)

Incrementos de Peso

0.2 lb (0.1 kg) (0.2 lb)

Incrementos de Grasa Corporal

0.1%

Suministro de Energía

4 V de CD; 6 baterías de tamaño AA (tipo UM3) – que se incluyen

Consumo de Energía

60 mA máximo

Corriente Medidora

50 kHz 500 µA

UPC No

BF-625-LG (Light Gray) 742496-862501

BF-626-DG (Dark Gray) 742496-862600

Servicios de posventa

Póngase en contacto con el almacén en el cual usted compró este monitor, en relación con cualquier pregunta sobre la operación o problema, solicitud de reparación y/o para hacer un pedido de piezas o productos. O llame al teléfono 1-800-826-4828 (sólo si usted llama desde EE. UU. o Canadá).

Tanita Corporation of Japan

14-2, 1-Chome, Maeno-Cho
Itabashi-Ku, Tokyo, Japan, 174-8630
Tel: 03-3968-2123
Fax: 03-3967-3766
ISO 9001 Certified

Tanita Corporation of America Inc.

2625 South Clearbrook Drive
Arlington Heights, IL 60005, USA
Tel: 847-640-9241 Fax: 847-640-9261
Toll Free: 1-800-TANITA-8
e-mail: 4health@tanita.com

www.tanita.com

© 2001 Tanita Corporation 6/01 HDI

Tanita France S.A.

Villa Labrouste
68 Boulevard Bourdon
92200 Neuilly-Sur-Seine, France
Tel: 01 55 24 99 99 Fax: 01 55 24 98 68

Tanita Health Equipment H.K. Ltd.

Unit 301-303 3/F Wing On Plaza
62 Mody Road, Tsimshatsui East
Kowloon, Hong Kong
Tel: 852-2838-7111 Fax: 852-2838-8667

Tanita Europe GmbH

Dresdener Strasse 25
D-71065 Sindelfingen, Germany
Tel: 07031-6189-6
Fax: 07031-6189-71

Tanita UK Ltd.

The Barn, Philpots Close, Yiewsley,
West Drayton, Middlesex, UB7 7RY, UK
Tel: 01895-438577
Fax: 01895-438511